

Crisis Planning
SOC Quarterly Meeting – 04.04.11
T. Covele / K. Davis / D. Shepard

How to develop with the family:

- Review and discuss main sections
 - ✓ What leads to a crisis
 - ✓ Prevention
 - ✓ What has worked in the past
 - ✓ What to do if a crisis occurs
 - ✓ Call list

Main focus when developing a crisis plan includes:

- Prevention...trying to be proactive versus reactive.
- How this plan can be most helpful to the families
 - ✓ Posting "what to do in a crisis" throughout the home.
 - ✓ Laminate the plan.
 - ✓ Make sure all providers and crisis contacts have the plan.

Making sure to include as many natural supports in the plan:

- This helps increase the family's natural support system.
- Helps families develop crisis management skills.
- Helps families become less dependent on paid supports.

Things that have been successful in developing plans:

- Developing them as a team.
- Reviewing them as much as needed.
- Many CCT's are very experienced in developing crisis plans, having them do with the family and then reviewing the plan during a team meeting.
- Always bringing the team back to the prevention section.
- Updating and reviewing the plan after a crisis to discuss how it helped, things that could be changed, etc.

CRISIS PLAN – Johnny
T. Covele / K. Davis / D. Shepard

What Leads to a Crisis

- When Johnny is being told no.
- When Johnny becomes focused on one thing.
- When Johnny is angry or bored.
- Mornings, Johnny is more irritable in the morning.

Prevention

- Giving Johnny choices.
- Adult needs to always stay calm, never yell, and be direct.
- Having a consequence list to show Johnny.
- Using Routine Respite.
- Intervene early – separate Johnny, talking to him about what's going on.
- If possible, ignore the behaviors.
- Monitor patterns.
- Choose battles.
- Medications need to be given daily as prescribed and administered by an adult.
- Keep potential weapons or things that could be used for harm in a secure place (lighters, matches, knives, other sharp objects). For everyone's safety.

What has worked in the Past

- Allowing Johnny to make a phone call to his grandmother or father.
- Repeating directive over and over.
- Telling Johnny he will receive consequences if behaviors continue.
- Johnny has sometimes been able to calm himself down by being separated from negative situation.

What to do if a Crisis Occurs

- 1) Ask Johnny if he needs to talk.
- 2) Ask Johnny if he needs a time out (break in his room).
- 3) Give Johnny a choice: You can.... go watch a movie or play Playstation.
- 4) Give Johnny his Consequence List if this behavior continues and he continues to escalate.
 1. Not allowed to go outside of the home.
 2. No Playstation.
 3. No movies.
 4. Restrictions while in Respite.
- 5) Call Supports in order listed below.

Call List

- 1.) Bob – 555-1212
- 2.) Grandma Sharon – 555-1313
- 3.) Aunt Regina – 555-1414
- 4.) Jerry- 555- 1515
- 3.) Providers

Other numbers needed in emergency:

- Wishard CIU – 630-8485
- Family Support Center – 634-5050
- CPS hotline – 1-800-800-5556

- Methodist – 706-8928
- Riley Children's Hospital Main # 274 – 5000
- Wishard Pediatrics/Child Center – 692-2363
- St. Francis Hospital – 787-3311
- Community North 24 hour crisis – 621-5700
- Valle Vista Psychiatric Hospital – 887-1348
- 911 – POLICE - Ask for a CIT officer